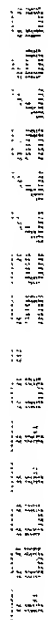
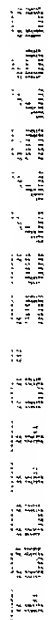


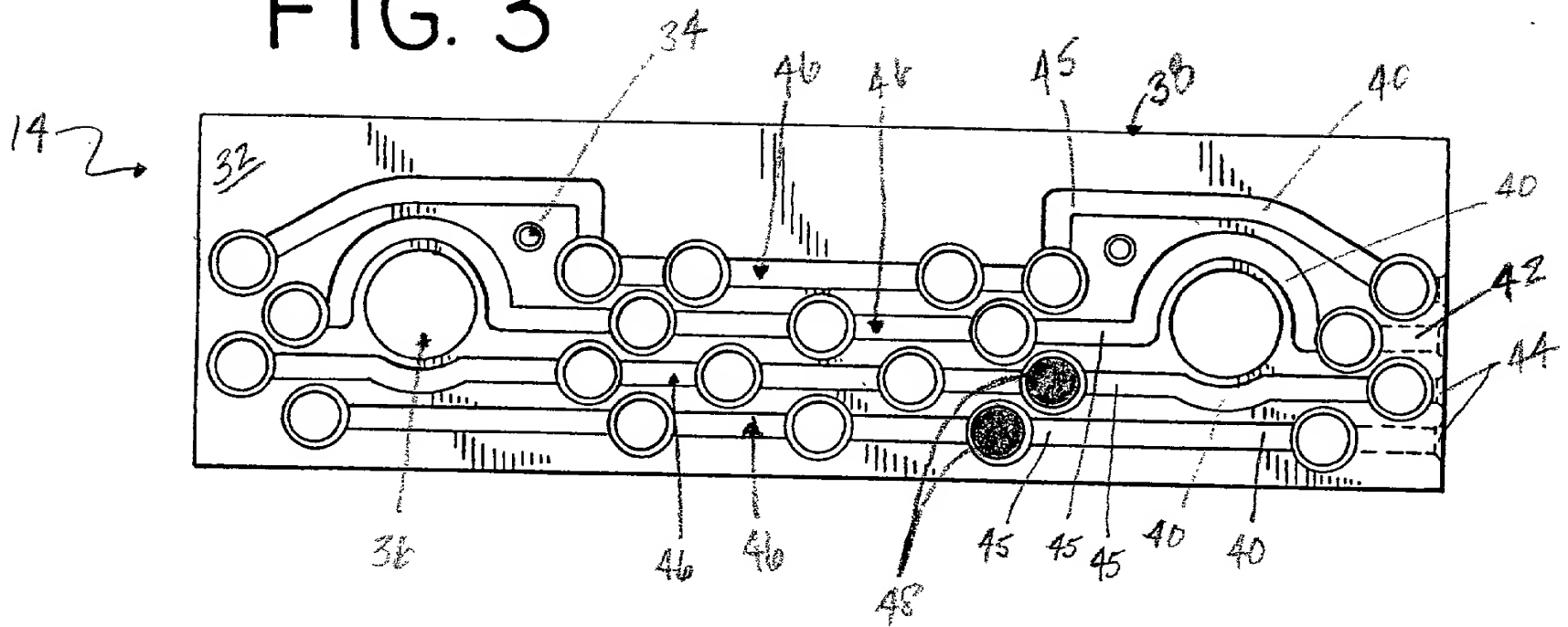
Variable	Mean	SD	Min	Max	Skewness	Kurtosis	Normality
Age	35.2	12.5	18	65	0.15	3.2	0.98
Gender	0.52	0.50	0	1	-0.02	3.0	0.99
Marital Status	0.68	0.47	0	1	0.10	3.1	0.98
Education	12.5	2.1	9	16	-0.10	3.3	0.97
Income	15000	8000	5000	30000	0.20	3.4	0.96
Health	0.75	0.43	0	1	-0.05	3.0	0.99
Stress	0.60	0.49	0	1	0.05	3.1	0.98
Depression	0.55	0.50	0	1	-0.01	3.0	0.99
Life Satisfaction	0.70	0.46	0	1	-0.03	3.0	0.99
Resilience	0.65	0.48	0	1	0.02	3.1	0.98
Optimism	0.62	0.49	0	1	-0.01	3.0	0.99
Gratitude	0.68	0.47	0	1	0.01	3.1	0.98
Forgiveness	0.63	0.48	0	1	-0.02	3.0	0.99
Self-Compassion	0.60	0.49	0	1	0.00	3.0	0.99
Emotional Regulation	0.65	0.48	0	1	0.01	3.1	0.98
Mindfulness	0.60	0.49	0	1	-0.01	3.0	0.99
Transcendental Meditation	0.55	0.50	0	1	0.00	3.0	0.99
Vipassana	0.50	0.50	0	1	0.00	3.0	0.99
Zen	0.45	0.50	0	1	0.00	3.0	0.99
Transcendental	0.40	0.50	0	1	0.00	3.0	0.99
Vipassana	0.35	0.50	0	1	0.00	3.0	0.99
Zen	0.30	0.50	0	1	0.00	3.0	0.99
Transcendental	0.25	0.50	0	1	0.00	3.0	0.99
Vipassana	0.20	0.50	0	1	0.00	3.0	0.99
Zen	0.15	0.50	0	1	0.00	3.0	0.99
Transcendental	0.10	0.50	0	1	0.00	3.0	0.99
Vipassana	0.05	0.50	0	1	0.00	3.0	0.99
Zen	0.00	0.50	0	1	0.00	3.0	0.99
Transcendental	0.00	0.50	0	1	0.00	3.0	0.99
Vipassana	0.00	0.50	0	1	0.00	3.0	0.99
Zen	0.00	0.50	0	1	0.00	3.0	0.99
Transcendental	0.00	0.50	0	1	0.00	3.0	0.99
Vipassana	0.00	0.50	0	1	0.00	3.0	0.99
Zen	0.00	0.50	0	1	0.00	3.0	0.99
Transcendental	0.00	0.50	0	1	0.00	3.0	0.99
Vipassana	0.00	0.50	0	1	0.00	3.0	0.99
Zen	0.00	0.50	0	1	0.00	3.0	0.99
Transcendental	0.00	0.50	0	1	0.00	3.0	0.99
Vipassana	0.00	0.50	0	1	0.00	3.0	0.99
Zen	0.00	0.50	0	1	0.00	3.0	0.99
Transcendental	0.00	0.50	0	1	0.00	3.0	0.99
Vipassana	0.00	0.50	0	1	0.00	3.0	0.99
Zen	0.00	0.50	0	1	0.00	3.0	0.99
Transcendental	0.00	0.50	0	1	0.00	3.0	0.99
Vipassana	0.00	0.50	0	1	0.00	3.0	0.99
Zen	0.00	0.50	0	1	0.00	3.0	0.99
Transcendental	0.00	0.50	0	1	0.00	3.0	0.99
Vipassana	0.00	0.50	0	1	0.00	3.0	0.99
Zen	0.00	0.50	0	1	0.00	3.0	0.99
Transcendental	0.00	0.50	0	1	0.00	3.0	0.99
Vipassana	0.00	0.50	0	1	0.00	3.0	0.99



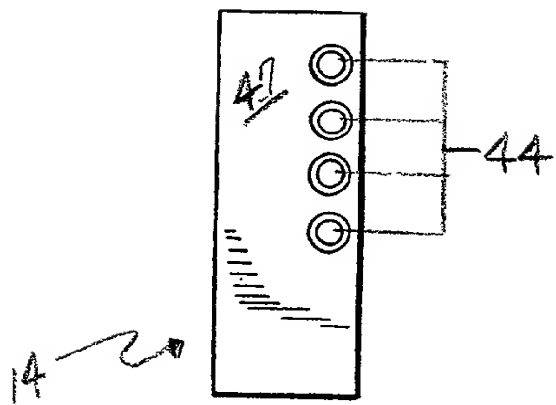
Variable	Mean	SD	Min	Max	Skewness	Kurtosis	Normality
Age	35.2	12.5	18	65	0.15	3.2	0.98
Gender	0.52	0.50	0	1	-0.02	3.0	0.99
Marital Status	0.68	0.47	0	1	0.10	3.1	0.98
Education	12.5	2.1	9	16	-0.10	3.3	0.97
Income	15000	8000	5000	30000	0.20	3.4	0.96
Health	0.75	0.43	0	1	-0.05	3.0	0.99
Stress	0.60	0.49	0	1	0.05	3.1	0.98
Depression	0.55	0.50	0	1	-0.01	3.0	0.99
Life Satisfaction	0.70	0.46	0	1	-0.03	3.0	0.99
Resilience	0.65	0.48	0	1	0.02	3.1	0.98
Optimism	0.62	0.49	0	1	-0.01	3.0	0.99
Self-Esteem	0.68	0.47	0	1	-0.02	3.0	0.99
Loneliness	0.58	0.50	0	1	0.01	3.1	0.98
Life Satisfaction	0.70	0.46	0	1	-0.03	3.0	0.99
Resilience	0.65	0.48	0	1	0.02	3.1	0.98
Optimism	0.62	0.49	0	1	-0.01	3.0	0.99
Self-Esteem	0.68	0.47	0	1	-0.02	3.0	0.99
Loneliness	0.58	0.50	0	1	0.01	3.1	0.98



# FIG. 3



# FIG. 4



# FIG. 5

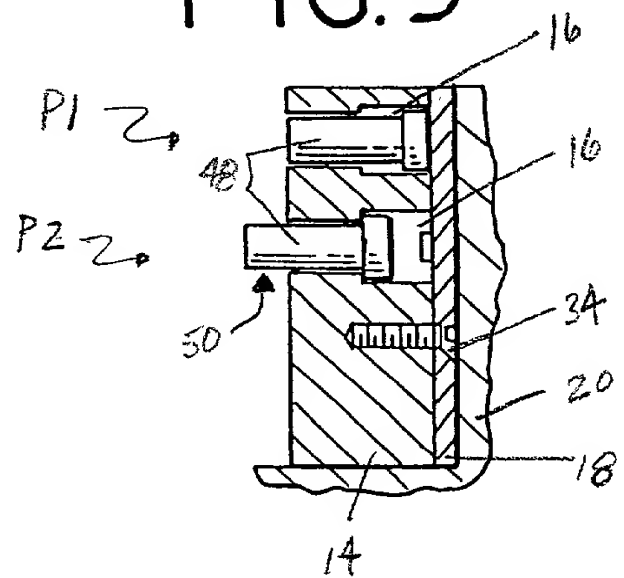


FIG. 6

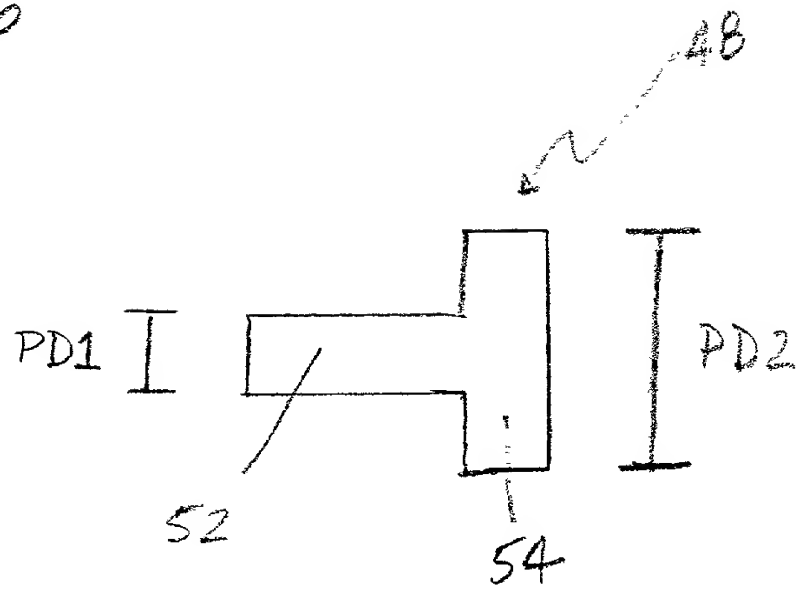


FIG. 7

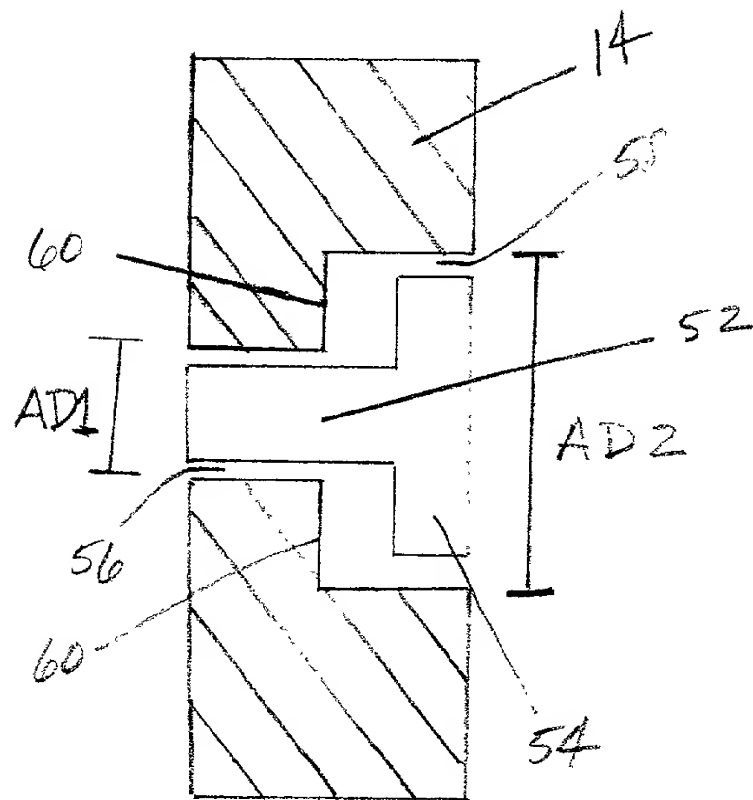
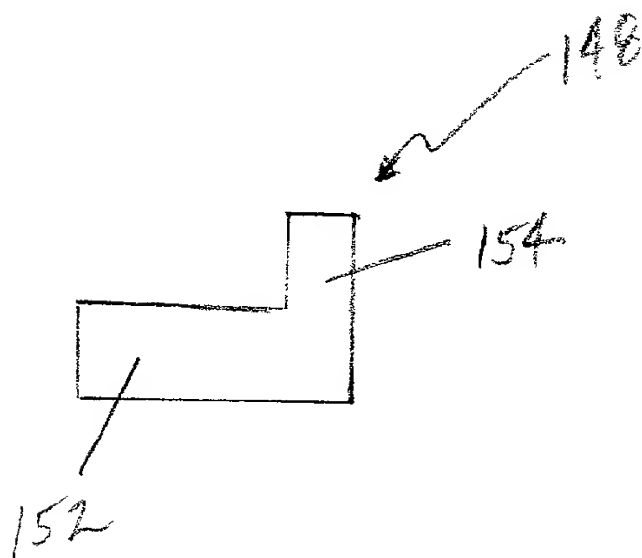
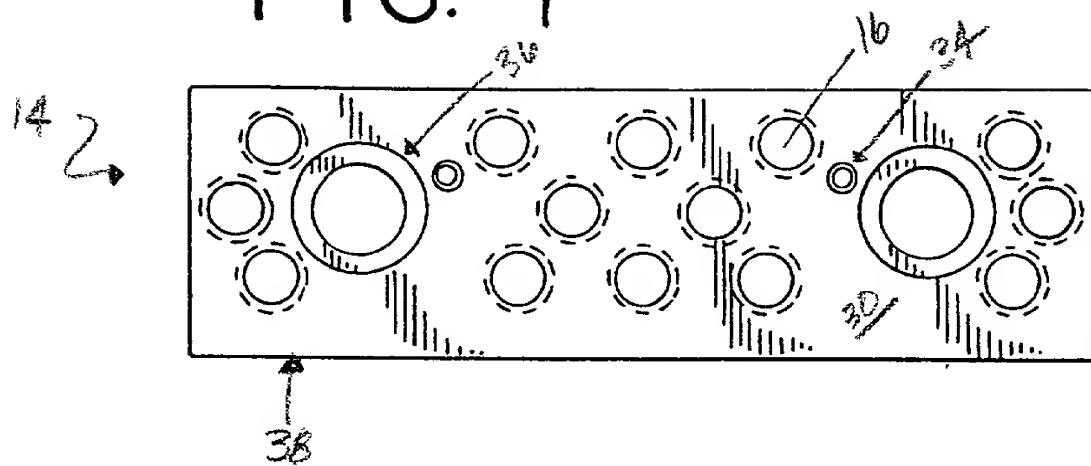


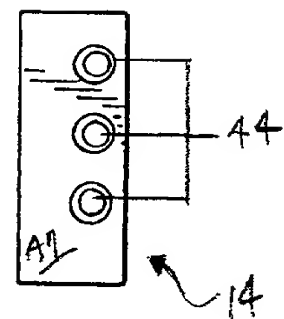
FIG. 8



# FIG. 9



# FIG. 10



# FIG. 11

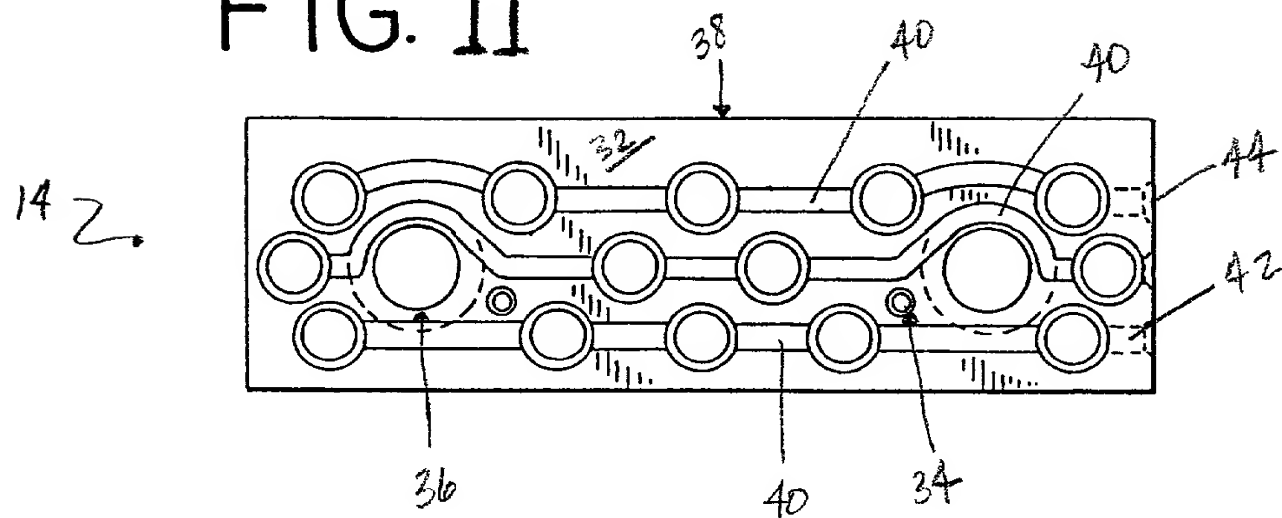


Fig. 12

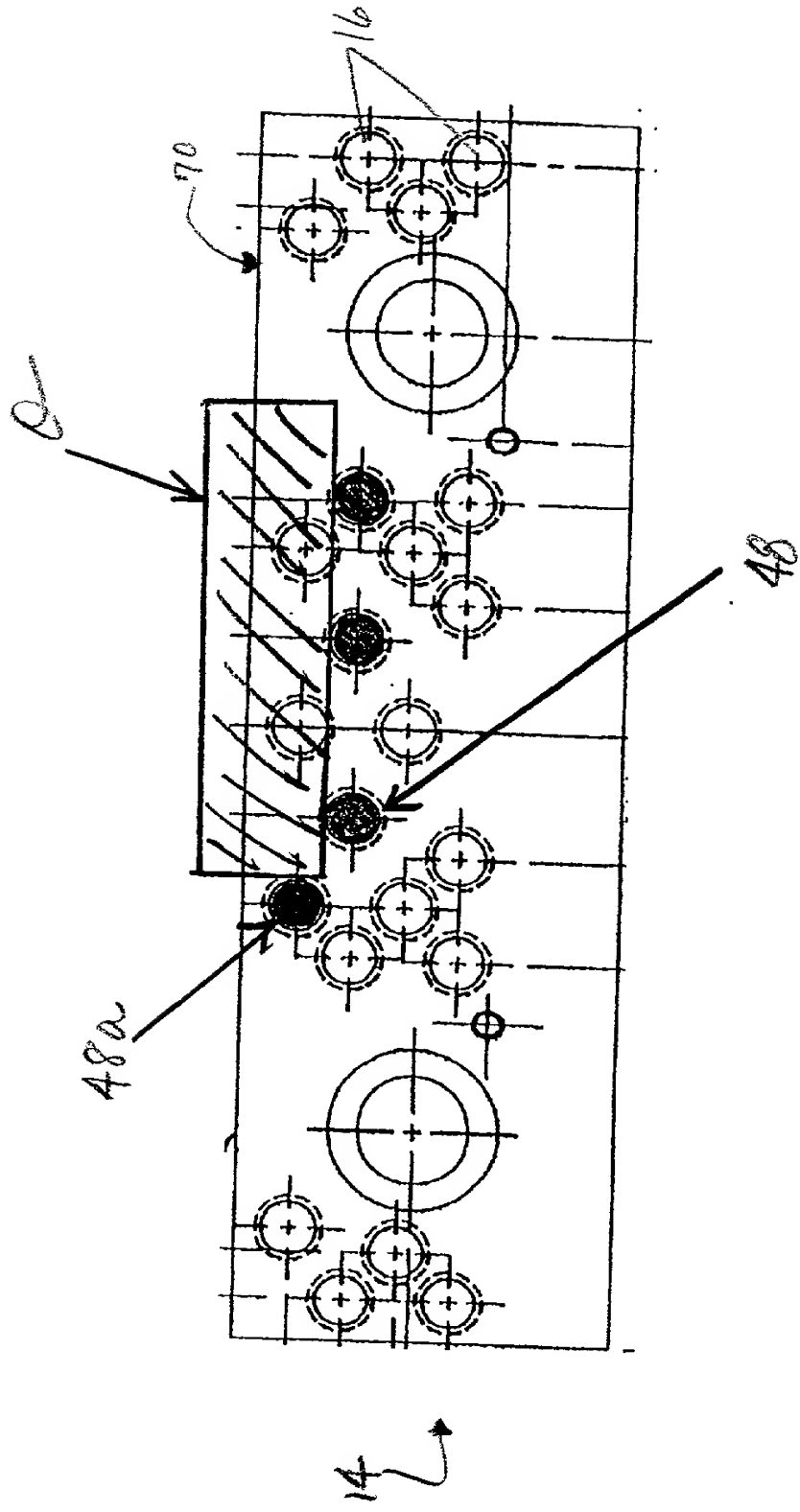


FIG. 13

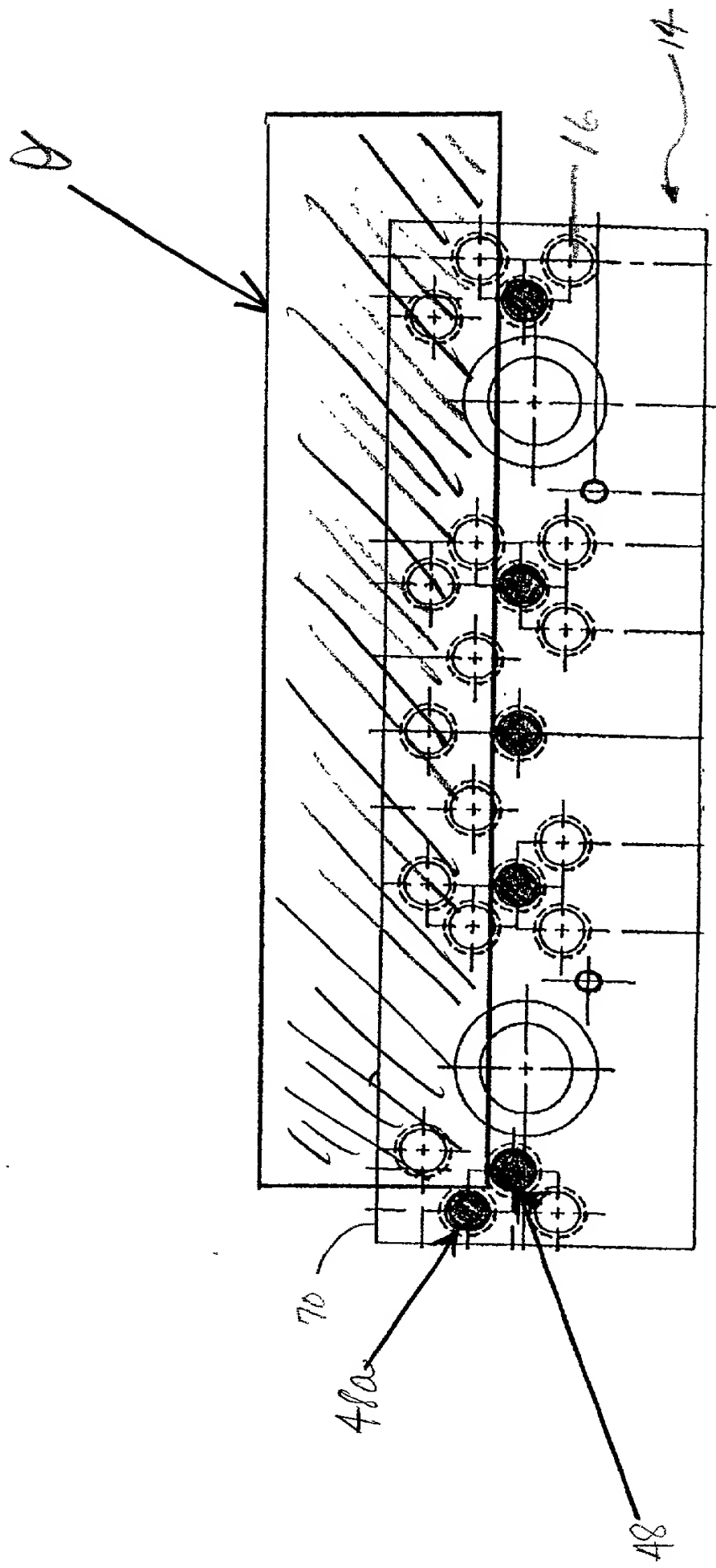


FIG. 14

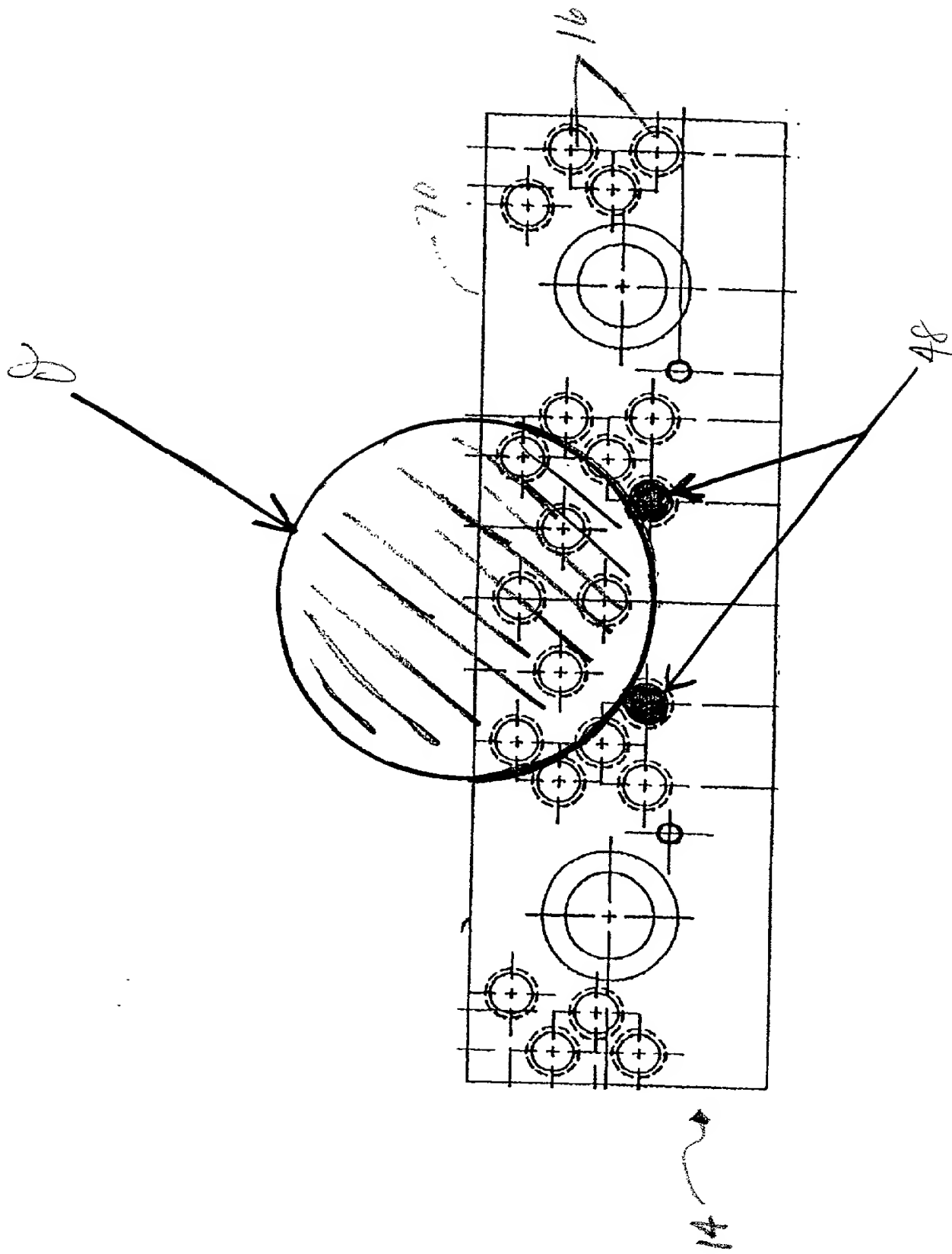


Fig. 15

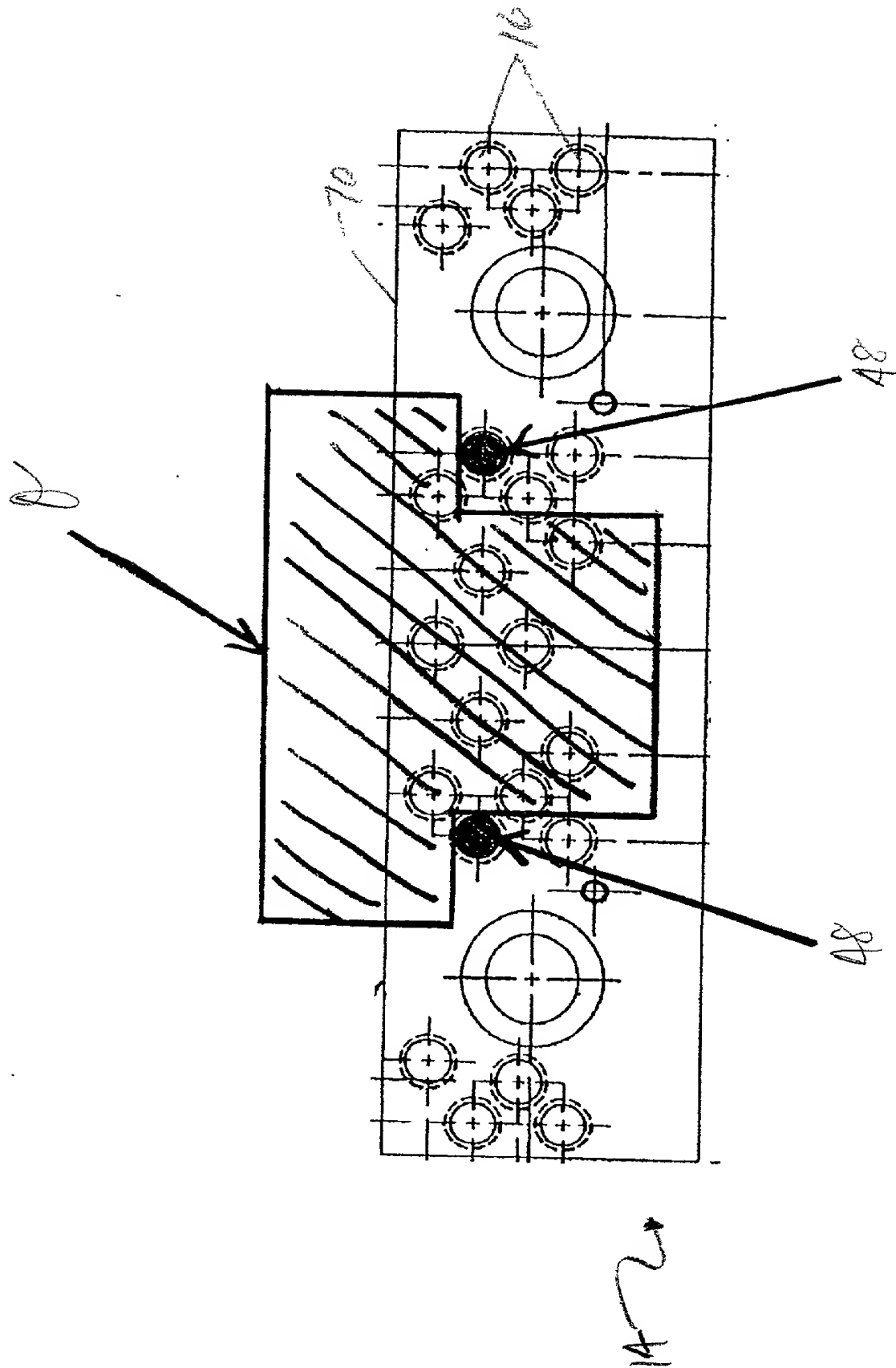




FIG. 16

